

## Spring 2019 DBT Family Skills Training

For the first time since this Triangle Area DBT (TADBiT) training started in 2004, there will be a condensed format (a series of three Saturday morning sessions) which will largely cover the same content as the 12 week class. If there is enough interest, this series could again be offered later in the coming year. In that case, participants could pick up a session they missed or repeat a session they value. It is fine to attend 1, 2 or all 3 of the sessions in this series. Each session is designed to train participants in using

DBT skills in mindfulness, interpersonal effectiveness or emotion regulation/distress tolerance, independent of the other sessions. Also in Spring and Fall 2019, the DBT Skills for Couples will again be offered over 12 evenings.

Each session begins with a mindfulness exercise. You might view this course as the mindfulness-based emotion regulation class you wished you had had years ago. The teaching and exercises will be structured to assist each participant with their relationship patterns and target behaviors. There will be time for questions to facilitate the learning and putting the skills into practice. This is a format of a class or a seminar. This is not a therapy group which engages interpersonal processing between group members or members of a couple/family. The focus is on becoming more skillful, rather than processing the events of the week. Referrals for psycho-therapeutic support can be arranged.

View the course objectives here. [www.dbtfamilyskills.com/dialectical-behavior-therapy-for-families.html](http://www.dbtfamilyskills.com/dialectical-behavior-therapy-for-families.html)

### Who can benefit:

Past participants have come to gain essential skills to support themselves and their emotionally sensitive loved ones. This includes their children, their siblings, their partners, their friends and their parents. Some of these loved ones have been in standard DBT Skills Groups, while many have not (yet). Participants are a diverse blend of adults with a range of age, race, gender identity, sexual identity, therapy experience, and interpersonal styles/levels of struggle. All seek to learn, to become more skillful, and are willing to commit to actively apply the skills from each session.

As part of the mission of Triangle Area DBT (TADBiT), there will be some "participant-observer" spaces available for mental health professionals who want to become more familiar with applying DBT skills with families and couples.

### When and Where:

Saturdays, 8:45am-1pm at Unity Center of Peace, 8800 Seawell School Rd, Chapel Hill, NC 27516 (to be confirmed).

## DBT Family Skills Training Schedule - Spring 2019.

Class 1, March 16, 2019 - **Core Mindfulness for Increasing Family Balance and Effectiveness**

Class 2, March 30, 2019 - **Interpersonal Effectiveness and the Benefits of Validating**

Class 3, April 13, 2019 - **Emotion Regulation and Distress Tolerance (How to NOT Make Things Worse)**

Class 4, April 27, 2019 - **The ABCs of Managing Relationship Problems (prereq: attend at least one of the prior three sessions)**

The fee for each 4 hour session is \$120 per person.

Participants will be sent handouts and worksheets in preparation for each session.

\* Participants are typically adults. I would not recommend this class for children under 16 years old. For adolescents, I would suggest the DBT Teen Skills Groups. More information at <http://www.triangleareadbt.com/dbt-adolescents-groups>

\* Sliding scale is available on request for financial need or multiple family members. We do not want the expense to prevent interested family members or friends from gaining much-needed skills.

## Registration

- Please respond by indicating which sessions you want to attend and how many participants will be coming. Email John at [jmaderlmft@gmail.com](mailto:jmaderlmft@gmail.com).
- You may mail a check for your fees written to CIP to: CIP / John Mader, 1506 East Franklin Street Suite 202, Chapel Hill NC 27514

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